

12 PRINCIPLES STRESS MANAGEMENT

Dr. Nancy Chapman, LCOL, MSC, USA

- ✂ Relationships
- ✂ Laughter
- ✂ Assertiveness
- ✂ Vacations
- ✂ Mini R&R Breaks
- ✂ Spiritual Development
- ✂ Exercise
- ✂ Healthy Diet
- ✂ Avoid Negative Stress Habits
- ✂ Sleep Well
- ✂ Good Attitude
- ✂ Personality Factors